

Group Exercise and SilverSneakers®

June 2015

All group exercise classes are free for TLRC members. Membership is NOT required to join a class; however, registration fees apply for non-members. For more information, visit the TLRC front desk or bloomington.in.gov/TLRC.

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|-------------------|--|--------------------------|--|--------------------------|------------|-------------|
| 8:30 a.m. | | SilverSneakers® Circuit* | | SilverSneakers® Circuit* | | |
| 9 a.m. | | | | | | Yoga Core |
| 9:30 a.m. | Turf Time for Toddlers SilverSneakers® Classic* | SilverSneakers® Circuit* | Turf Time for Toddlers SilverSneakers® Classic* | SilverSneakers® Circuit* | | |
| 10 a.m. | Pickleball | | Pickleball | | Pickleball | |
| 10:30 a.m. | SilverSneakers® Yoga* | SilverSneakers® Classic* | SilverSneakers® Yoga* | SilverSneakers® Classic* | | ZUMBA® Gold |
| 5:30 p.m. | | Shred 60 Joyful Hoops | 20/20/20 Pilates | | | |
| 6:30 p.m. | Yoga ZUMBA® | Kickboxing | Beginning Yoga | Cardio Core ZUMBA® | | |
| 7:30 p.m. | | | Yoga | Healthy Back | | |

*If you qualify for SilverSneakers®, your Twin Lakes Recreation Center membership is free! Inquire at the front desk to check your eligibility or to sign up.

Excel Tae Kwon Do

Mondays, Tuesdays, or Saturdays
Eight-week sessions run throughout July 6 to August 29
\$50 • For ages 4 yrs. and up.

This class focuses on coordination, discipline and self-confidence in a fun and safe environment. Excel TKD is taught by Master Emeline O'Connor, a 4th-degree black belt with more than 20 years of experience. For more information or to register, visit bloomington.in.gov/tlrc.

NEW!

SilverSneakers® Lunch

June 15
10:30 a.m.

SilverSneakers® Yoga
does not meet on
this date.



Group Exercise second summer session trial week

Try any class for
free July 6-12.
Second summer session
runs through August 30.



1700 W. Bloomfield Rd.
812-349-3720

Summer hours: June 1–September 1

Mon.–Fri.: 5 a.m.–8 p.m.
Sat.–Sun.: 7 a.m.–8 p.m.



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Twin Lakes Recreation Center

bloomington.in.gov/TLRC

Free, Ongoing Programs for Adults (ages 50 yrs. and up) June 2015

The Lower Level is only open Monday–Friday from 8 a.m.–3 p.m.
It is closed Saturday and Sunday except for reservations and scheduled activities.

Participation in these programs is free and TLRC membership is not required.
For more information about programs and services for adults, call 812-349-3720.

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|-------------------|-----------------|--------------|--------------------------|----------|-----------------|
| 9 a.m. | Steady Steppers | | Steady Steppers | | Steady Steppers |
| 9:30 a.m. | | Lap Quilting | | | |
| 10:30 a.m. | Drop-in Bridge | Euchre | Drop-in Bridge | | Euchre |
| 11:45 a.m. | | | Tai Chi Qigong | | |
| noon | Mahjong | | | | |
| 1 p.m. | Bingo | | Bingo | | |
| 1:30 p.m. | | | International Folk Dance | | Advanced German |
| 2 p.m. | Bunco | | Bunco | | |

SPECIAL EVENTS

Legal Counseling

June 1 • 3 p.m.
by Atty. Tom Bunger
Call 812-349-3720
to register.



Pickleball

M, W, F • 9:30 a.m.–1 p.m. • Court 4
TLRC or SilverSneakers®
membership or purchase
of a daily admission pass
is required to participate.



SilverSneakers®

To find out more about SilverSneakers®, the
nation's leading exercise program designed
exclusively for older adults, inquire at the
front desk. See the reverse side for the
SilverSneakers® class schedule.



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